

# Surviving Silly Season

Silly season can be daunting, especially with a sleeve, but it doesn't have to be! Try these quick tips for a stress-free silly season.

1

## Don't beat yourself up!

Christmas is a time for family and enjoying a break. Yes, there is a lot of food around, and you will probably eat a bit more than usual. Just relax – it's not the end of the world and it's not going to undo all of your hard work so far. Follow the next few tips, you'll be fine!

3

## Choose quality over quantity

If you find yourself at a brunch, lunch or dinner, just remember the general rules for eating with a sleeve: aim for ½ protein and ½ vegies, and eat slowly and mindfully. You can still try a little of everything, but serve yourself on a small plate so you're not tempted to eat more than you need.

5

## Get out and enjoy!

A few extra days off work is the perfect opportunity to get out and about and up your activity. It doesn't matter what you do, as long as you enjoy it! If you're worried about extra meals with the family (or extra decadent meals), perhaps try to make some of your family catch ups active ones.

2

## Check in with your tummy

Say to yourself, "I can have it if I want it, but do I really feel like it?" Often if you actually ask yourself this question your body will tell you that it doesn't really want that extra candy cane or mouthful of roast. If you do want that it? No problems! Just eat it mindfully and really enjoy it, so you feel satisfied with a smaller portion and don't feel guilty afterwards – you asked yourself and you listened.

4

## Keep drinking

Not alcohol, but water... Time off work or more parties than usual often means being out of routine and often forgetting to drink enough. When you're dehydrated it's easy to mistake thirst for hunger. So, if you feel like you're constantly grazing, make sure you've been drinking enough water.

## A few members tips

*Taste a mouthful of everything so you don't feel like you're missing out*

*Try to keep Christmas food to Christmas Day*

*Keep a drink on the table, but don't drink it while you eat. Order a drink first, sip it, then wait after you're done with your meal*

*Go with share platters so everyone serves themselves - no-one will care what your plate looks like!*

*Beware of canapés - only choose one or two small ones, otherwise there won't be any room for dinner!*